

The ultimate guide to autumn in Dorset's most popular resort...

The **LYME REGIS** *Experience*

September 2015
Issue 7



CAPTURING THE HISTORY OF THE ROYALS: A selection of Richard Austin's Royal photos

SOMETHING FOR ALL SEASONS: Try something new this September



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Welcome to The Lyme Regis Experience

As the sun sets on another busy summer, this edition of the Lyme Regis Experience reflects on the many events which have taken place over the past few months, as well as those still to come in the autumn.

Each September, the thriving arts community of Lyme comes alive with the annual ArtsFest showcasing local talent in exhibitions, workshops and special events to suit all tastes, this year under the theme "In Transition".

Autumn is the perfect time to seek some indoor entertainment and the Marine Theatre offers a varied programme, with a new managerial team injecting fresh ideas and a new enthusiasm to this much-loved attraction.

Now the children are back to school, perhaps it's time to make a change or try something new. Whether it's losing a few pounds or trying out a new activity, there's plenty to help you on your way in Lyme.

And don't miss Richard Austin's latest Photo File, this time featuring shots of the royal family by Lyme's award-winning photographer.



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LYME REGIS

arts fest

19–27.09.15

September heralds the start of the 2015 Lyme Regis ArtsFest and what promises to be a celebration of the very best of local and regional creativity. Now in its 13th year, and running from 19th to 27th September, this is a festival that is truly in transition and that is this year's chosen theme, and the participating artists' creative challenge.

A diverse range of work, including paintings, drawings, photography & video, and 3D artwork, created in response to the 'In

Transition' theme will be exhibited in the Town Mill's Malthouse Gallery and the Baptist Church Hall. A general arts and crafts show is on offer at the Courtyard Gallery (also at the Town Mill) where a beautiful collection of individual artworks and a range of associated gifts will be available for collectors and art lovers alike. Additionally, there is an outdoor display of public art and an art trail involving many of Lyme's shops and businesses. In total forty-five local artists will exhibit in three galleries, at their own studios and dotted around the town centre.

ArtsFest 2015 presents mouth-watering exhibitions at three town centre galleries, together with creative workshops covering bookbinding, typoart, letterpress printing, creative writing, painting demonstrations and opportunities to meet with artists to discuss their work.



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An exciting new development for 2015 is the outdoor Sculpture Trail that takes visitors on an artistic and environmental journey as it winds its way throughout the townscape and coastal route. This is a first for Lyme Regis and several artists will take part, setting up inspiring 3D artworks along the trail, which started earlier in the summer and will climax during the festival's nine scintillating days beginning on 19th of the month.

In addition to established artists, over 60 emerging young artists from three local schools will be represented at various locations around the town. The artworks are inspired by the festival's 'In Transition' theme. Year Six students from St Michael's and Mrs Ethelston's Primary Schools will be creating 2ft x 2ft mixed media self-portraits based on the transition from primary to secondary school. Both schools have come together to create the artworks during a collaborative workshop and will be exhibited at the Baptist Church Hall.

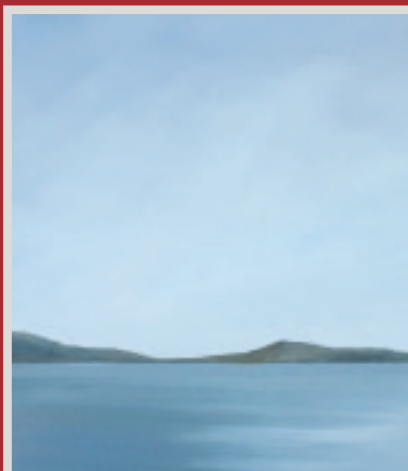
Woodroffe School have also embraced this year's theme and have incorporated 'In Transition' into their Lower Sixth Art & Design curriculum. Students have taken part in a withy sculpture workshop, as well as working independently to produce their own individual Fine Art responses to the 2015 theme. This will be displayed in the Town Mill Community Room

Work created by students from the three schools for the Lyme Regis Society's creative competition 'History Matters' will also be displayed during ArtsFest week.

ArtsFest 2015 presents mouth-watering exhibitions at three town centre galleries, together with creative workshops covering bookbinding, typart, letterpress printing, creative writing, painting demonstrations and opportunities to meet with artists to discuss their work.

There is also a full programme of exciting events for children and adults alike, featuring poetry, drama, dance and performance, including the renowned restaurant critic, Jay Rayner, at the Marine Theatre and the crime thriller writer, Clare Donoghue at By the Bay Restaurant.

All this and more is described in detail in the 40-page brochure available free throughout Dorset, East Devon, Somerset and Wiltshire and on the ArtsFest website at www.lymeregisartsfest.com. Please do check it out, take part and schedule a visit to our beautiful town for a visual feast of truly inspirational and collectable works of art.



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*arts
fest*

19-27.09.15



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David Manners Art

David Manners came to art only in 2012 and; having had a career in the Royal Navy, mathematics and education, has seen meteoric success in a short period of time.

Despite his short time painting, his reputation for his peaceful seascapes and tranquil portraits is much sought after and growing rapidly.

"I discovered painting almost by chance having been diagnosed as suffering from PTSD. The military charity foremost in mental health support for veterans, Combat Stress, suggested I took up painting for therapy. I found a box of oil paints in my attic given to me by my aunt on my 15th birthday 36 years previously. The results have been life changing".

Entirely self-taught and painting only in oils, he is particularly inspired by the sea and how people and animals interact with it.

"I love the idea of the anonymous rear view portrait. The viewer can decide who the person is and where they are. I don't particularly like to have to explain what a painting is all about. The observer makes all the

decisions. I simply enjoy painting images of peace and tranquillity, something we probably all want in life"

His popular style has already led him to open a gallery in Wilmington, North Carolina, another in Durango, Mexico and has future exhibitions planned at the Louisville Visual Art Association, Kentucky and in the Beurs van Berlage, Amsterdam. He's also soon hoping to open his own gallery in his hometown and birthplace of Lyme Regis in Dorset.

His style has been compared to that of Jack Vettriano and Edward Hopper; two artists of which he is proud to be likened.

David's American connections

have given him the opportunity for his work to be exhibited on film sets for the U.S film industry and is thrilled to have one of his works in the home of a Hollywood "A" listed actor.

Having exhibited in the UK and the Americas, he undertakes affordable commissioned paintings of all subjects, offering a high quality framing service to suit the needs of the client and their home.

In addition to his original paintings, David produces affordable limited edition prints of many of his popular works which are all available for purchase from his website: www.davidmannersart.co.uk, from as little as £20.00.

David accepts commissions of all subjects from £295 including framing.



David Manners Art

of Lyme Regis,
Wilmington, North Carolina, USA, and Durango, Mexico

enquiries@davidmannersart.co.uk www.davidmannersart.co.uk

BizleyArt



BIZLEYART gallery is situated in the heart of Lyme Regis, in the middle of picturesque Coombe Street. Richard Bizley has owned the gallery since 2003 and creates most of his artwork there.

A Fellow of the International Association of Astronomical Artists (IAAA), Richard's work consists of mainly space and prehistoric art, plus some science fiction and local/traditional scenes. His usual medium is acrylics.

A large selection of originals, prints and cards are available for sale. All pictures are Richard's own work and commissions are welcome. There is also a wide variety of top-quality prehistoric models.

BizleyArt is open every day during Artsfest (usually open Tues – Sat)

BizleyArt, 12a Coombe Street, Lyme Regis, DT7 3PR

www.bizleyart.com

Facebook: bizleyart



Finishing Touch

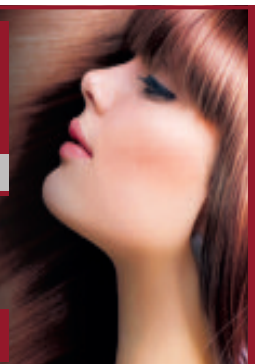
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DARRELL Wakelam has been working as an artist in education for over twenty five years.

Based in Lyme Regis, Dorset, he travels throughout the country providing art projects, workshops and training in Schools, Museums, Theatres and other educational establishments.

Darrell's artwork is mostly made up of large scale 3D work, using lots of recycled scrap materials, cardboard construction and paper maché techniques to create masks, models and sculptures.

Darrell has worked creatively on hundreds of different art projects with students of all ages and abilities and from a wide range of backgrounds and cultures. "I've been interested in art as long as I can remember and I'm lucky enough to spend every working day devising and delivering creative art projects for children and young people" says Darrell.

"I love what I do and I hope that is apparent in the work that I create. I enjoy working with children. I admire their adaptability and resourcefulness, I appreciate their honesty, and I am always amazed by their energy and enthusiasm. In return I try my best to match these attributes."

Please feel free to contact me if you are interested in any of my work.

You can find my details at www.darrellwakelam.co.uk

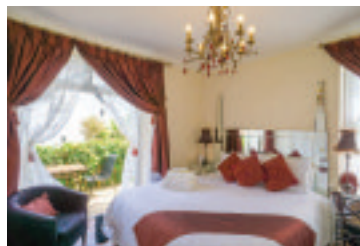
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Time to cosy up with a good book!

WITH THE weather changing and the nights drawing in, now's the perfect time to curl up in front of the fire with a good book, and Lyme Regis' local experts at Serendip are just the people to give you the best advice so you can choose the right read this autumn.

From best sellers to classics, the intimate store can give you everything you could wish for. With an extensive range, including many non-fiction titles alongside a large children's section, all tastes are catered for and with an ordering service just in

case you can't find your desired title in stock, you need never be far away from your perfect book.

The affable and reliable team also provide a free daily delivery service to the surrounding areas within 20 miles (inland only!).

The literary oasis welcomes browsers and is a popular haunt for locals and tourists alike searching for the perfect gift or just indulging themselves in their latest literary love.

Besides a wide-ranging offering of books of all kinds, Serendip also offers an excellent selection

of quality Cards, Gifts, Toys, Games, Jigsaws and Seasonal Items.

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WIDELY recognised as the South West's leading cheese specialist, the Town Mill Cheesemonger has helped to put Lyme Regis firmly on the map as a foodie destination.

Opened in 2009, the compact shop stocks more than 80 delicious cheeses from the West Country and beyond, alongside everything you could want to accompany them. Whether you are after preserves and chutneys, biscuits, local charcuterie or port and cider to wash them down, the 2015 Gold Taste of The West award winning retailer has goodies to tantalise your taste buds.

If you have a special occasion on the horizon, speciality cakes of tiered cheeses are very much in vogue and can make the perfect addition to your big day with a savoury alternative or a delicious complement to the traditional fruitcake with marzipan and icing.

As part of the glorious artisan Town Mill right in the heart of the resort, the Town Mill Cheesemonger is next to the mill race and just off the courtyard where you can while away the hours and enjoy the very best in local products.

On warmer days the front of the shop is opened and Mendip Moments ice cream (renowned as Lyme's best) is served by the scoop. Pop by and discover why this shop was crowned UK Cheesemonger of the Year in 2014.



LYME BREWERY

SET up by a group of West Country beer fanatics in 2010, the Lyme Regis Brewery offers the very best in locally produced real ales. Using only natural ingredients and all hand-made in small batches by our brewer, the beers are matured in the cask to ensure they develop their unique flavours.

The company, who are proud of their West Country Heritage have always aspired to brew beers that they love drinking themselves. Their first ale, Cobb Bitter, was met with widespread acclaim and is still available as part of a range of six permanent beers, which also includes the best selling Lyme Gold, a golden ale and the new Dorset Pearl pale ale. The brewery has expanded over the past few years to meet demand and now produces a wide range of different beers including a real lager: Golden Cap which is cold

fermented for 3 weeks and lagered for a further 6 weeks to develop full, mature flavours and is truly delicious.

All the beers are available in many of the local shops and free houses as well as from the Brewery Tap itself, where you can also sit and relax in the delightful courtyard of Lyme Regis' historic Town Mill. You can sup away on a sunny afternoon, soaking up the atmosphere, so pop in, watch us brew and stay and have a pint with us.






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LYME DRAMA | *Lyme Regis Dramatic Society*

*Lyme Drama are proud to present not one but
TWO plays that will get you laughing*

THE first is a 'curtain raiser' – a short play by Alan Bennett, in which The Social Services Department in a small town is preparing a register of the elderly in the area and eager but green June Potter (recently transferred from the Transport Department) is despatched to gather information while obtaining some hands-on experience. Mum and Dad are in their 60s but are able bodied and streetwise and have no intention of being registered.

This highly comic, ironic look at patronising bureaucracy was first televised in 1982 starring Thora Hird, Hugh Lloyd and Julie Walters. It's Alan Bennett at his best. Then after the interval, we present 'Black

Comedy' by Peter Shaffer. The only thing black about the second play is the power cut, that the audience can see (and the actors can't!).

Aspiring young sculptor Brindsley Miller has an important date tonight. A rich art collector is coming round to the flat to see his latest work. So also is his future father-in-law, the gorgeous Carol's dreadful Dad.

Desperate to impress, Brindsley has 'borrowed'

some fine furnishings from his absent neighbour's flat and all is now ready for the big evening.

Then there's a catastrophic power cut

Lyme Regis' own dramatic society, now renamed Lyme Drama, is proud to present this classic 1960's farce by Peter Shaffer, author of 'Equus' and 'Amadeus'. The original cast in London featured Derek Jacobi, Doris Hare, Graham Crowden, Albert Finney & Maggie Smith, and has been revived many times.

Come and enjoy witnessing Brindsley's big night as it descends into total chaos. It runs from Wednesday 11th November at 7.30 p.m. until Saturday 14th November, at 2.30 and 7.30 p.m.



PHOTOS FROM PREVIOUS PRODUCTIONS OVER THE YEARS



Dad's Army – Autumn 2010



Habeus Corpus – Spring 2011



Make Way For Lucia – Spring 2010



On The Razzle – Spring 2009



Party Piece – Autumn 2006



'Allo 'Allo – Spring 2007

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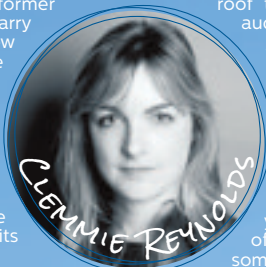
MARINE THEATRE

THE Marine Theatre – Lyme's beloved and unique "little theatre by the sea" – has received a fresh injection of enthusiasm this summer with the appointment of two new staff.

Following on from the success of former co-artistic directors Tim Bell and Harry Long, who moved on to pastures new in late July, 27-year-old Clemmie Reynolds is now at the helm and Sarah Acton has been appointed as the new administrator and marketing manager. Both are determined to offer a varied programme of entertainment to suit all tastes, as well as to raise funds to return the fabric of the building, dating back to 1894, to its former glory.

Originally from Guildford, Clemmie studied English at university but said she spent more time acting and directing plays than writing essays. She went on to study acting at the Royal Academy of Dramatic Arts (RADA) in London and has since seen success directing and producing plays with her own theatre company, BurntOut Theatre.

It seems she was destined for her new role at the Marine, having been "enchanted" by the theatre during a visit while she was performing at the nearby



Bridport Arts Centre. A week later, having returned to London, she spotted the advert for a new artistic director and applied straight away.

"Our biggest challenge is that we have a hole in our roof that leaks water into the 120 year old auditorium every time it rains!" said Clemmie.

"This will cost around £100,000 to repair, so I have my work cut out for me over the next few months!"

"I'd love to see the Marine repaired and restored to its former glory days of the past 120 years, and enable it to continue to be a special and much-loved place in the Lyme community for the next 100 years. I want to programme an exciting mix of plays, music and comedy – so there is something for everybody."

"As a host venue for many of the Lyme festivals, I am looking forward to working with lots of artists and musicians from the area. I would also really like for the Marine to be able to produce



its own theatre productions, as well as receiving touring companies.

"These could involve many local artists, writers, performers and amateurs too. I'm keen to programme local performers as much as possible and would be delighted to receive recommendations."

Repairing that pesky hole in the roof is also a priority for Sarah, who moved from Bristol six months ago to take on her new role at the theatre having completed a Masters in professional writing with Falmouth University. She previously worked in Bristol as an administrator at UWE, and as a volunteer film programmer and programme co-ordinator at The Cube Microplex Cinema.

"We need to succeed in our fundraising project to repair the theatre roof next year to stop the rain from coming in!" said Sarah.

"My marketing mission is to help promote the theatre as the visible cultural hub for the town, so that locals and visitors alike really claim it with pride and use it. We are so lucky to have a theatre in Lyme Regis, and we continue to survive through the love and passion of our customers, friends and supporters."

"My role at The Marine Theatre is varied and very busy, but great fun. I have to think on my feet to support the day to day running of the theatre, its activities, and many associated projects, plus drive the marketing plan and do as much as possible to raise our profile and shout about all of the shows and events here."

"No two days are the same, but I love the challenges, and working within an historical building whose fabric is full of the resonance of everyone who has played here."

"The best thing about my job, apart from the theatre community, is the view from our office window. We are a few metres above Church Beach. The tide is my clock and it's wonderful to look up from my computer and watch the waves and the swimmers go by."



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UPCOMING EVENTS



JAY RAYNER - MY DINING HELL

Thursday 24th September, 8pm. £14/£12

Award-winning journalist, writer and broadcaster Jay Rayner has been a restaurant critic for over a decade. If there's one thing he's learnt in his illustrious career, it's that people actually delight in his reviews of bad restaurants. In fact, the worse the better.

In his solo show, *My Dining Hell*, Jay examines our love affair with lousy reviews, reads accounts of excruciating nights, and looks at the worst reviews of his own work. A hugely entertaining hour in the company of the man recently voted the best food and drink journalist in Britain.



CSCAPE PRESENTS TASTE

Saturday 10th October, 8pm. £11/£19

Tea anyone? How do you take yours? Milk no sugar. Milk in first. No milk at all, Builders, Earl Grey...

Inspired by the tapestries of Grayson Perry, *Taste* is a delicious romp of a show with humour, irreverence and playfulness at its heart.

MARK THOMAS - TRESPASS

Friday 9th October, doors 7.15pm. £15/£13

Let's look at the world from another viewpoint; if the ramblers of the 1930s were here now what would they do to open up the cities? How do we turn the skyscrapers and corporate squares into our playgrounds?

In his latest show, *Trespass*, Mark carries on from where he left off when we last visited the Marine with 100 Acts of Minor Dissent. Mixing theatre performance, stand up and journalism with a dollop of mayhem, Mark sets out to carve a small space in the urban world where mischief and random chance can lurk.



GLORIATOR

Friday 18th September, 8pm. £11/£9

It's 15 years since Ridley Scott brought the epic Hollywood film *Gladiator* to the big screen. Now you can follow the glamorous French actress, Gloria Delaneuf, and her hapless UK tour manager, Josephine Cunningham, as they stage their riotously funny stage version, *Gloriator*.

MAT RICARDO

Tuesday 27th October, 7.30pm. £11/£9

Fast hands. Smart mouth. Nice suit! Mat Ricardo presents a stylish show of big laughs, serious skills, slapstick, and breathtaking spectacle. Known as The Gentleman Juggler, he's a leading speciality act of the British cabaret revival and is one of the most successful jugglers on the circuit.



UPCOMING EVENTS SEPTEMBER - NOVEMBER

Friday 11th September: **Classic Clapton**

Sunday 13th September: **Bendrix**

Friday 18th September: **Gloriator**

Thursday 24th September: **Jay Rayner - My Dining Hell**

Friday 9th October: **Mark Thomas - Trespass**

Saturday 10th October: **Cscape presents Taste**

Sunday 11th October: **Falcon's Malteser**

Friday 16th October: **Marshall Stapleton in the Stage Door Bar**

Saturday 17th October: **Dickens Abridged**

Sunday 18th October: **Jazz in the Bar: Gary Bayley & Philip Clouts**

Tuesday 27th October: **Mat Ricardo**

Wednesday 28th October: **Tony & Mike - The Country Owl & the City Squirrel**

Friday 30th October: **Jean Genie - The Best of David Bowie**

Friday 6th November: **He Had Hairy Hands**

Saturday 7th November: **Jeremy Hardy Live 2015**

Wed 11th - Sat 14th Nov: **Lyme Regis Dramatic Society present Black Comedy**

Monday 16th November: **Fred MacAulay Twenty Fifteen**

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Capturing the History of the Royals

Photo file of pictures of the Royal Family through the years, by Richard Austin

You could be forgiven if you immediately thought of friction when someone mentions the press and the Royal Family in the same breath.

There has been a trail of fall-outs between the paparazzi and the Royal Family over the years highlighted with the biggest story of the century when Diana the Princess of Wales was killed in a French tunnel with the paparazzi being sucked into the equation for being in hot pursuit.

My own memories of that fateful day was abuse aimed at me from a motorcyclist, at my local pub and of all places, Somerset County Cricket ground.

It was then I realised just how much the blame for the princess's death was being aimed at press photographers in general. At the time it seemed that if you were a press photographer, you were partly responsible.

This was a difficult time in photographing the royals, but now thankfully very much in the past. Photographing members of the Royal Family is always a special occasion, none more so than the times I photographed Princess Diana on official visits.

The first royal I photographed was Princess Alexandra who visited Lyme Regis in the mid-eighties, my black and white picture of her Royal Highness still hangs in the town hall.

When members of the Royal Family officially visit the West Country there is a mountain of preparation work to be done ensuring the safety

of the royal and that the visit goes without a hitch.

The official hand picked press photographers, representing hand picked newspapers, will have been notified that they would have a royal rota pass on the day. This means that they will follow the royal during the visit under supervision of a representative of Buckingham Palace.

This well trodden method has stood intact for many years and is designed so all newspapers not on the rota list have the right to request images from the organisations with a rota pass.

Her Majesty the Queen has been a regular visitor to the southwest and during my career I was privileged to have photographed her on many occasions, the first on a visit to Taunton.

I was working for the Somerset Star newspaper at the time, and the day the Queen was due in Taunton was the day I was signing contracts on my house in Lyme. Breaking all the rules, the lady selling the house let us move in the day before, much to the horror of my solicitor when he found out... I told him it was by royal appointment.

The Queen's presence was always the hottest ticket but when Diana was in town it was monumental in terms of media coverage. I photographed her in Taunton, Tiverton and the Royal Marines camp at Norton Fitzwarren. It really was difficult to take a bad photograph of the Princess. She was so photogenic and so at ease with members of the public. She delighted people young and old wherever she went.

When the Queen Mother was 100-years-old there was a thanksgiving birthday service in her honour at St Paul's Cathedral in London. I was working for the *Western Morning News* on the day and I knew I was going to be allocated an official pass for the event but on arrival I was picked out by name by Dickie Arbiter, (Press spokesman for Her Majesty The Queen) and given one of only three passes for inside the Cathedral during the service. This, I felt was a tremendous honour because virtually every head of state worldwide was present on the day to pay their respect to the Queen Mum who looked amazing.

I recall when she departed the Cathedral her grandson Prince Charles asked her several times if she wanted his arm, but she politely refused as she headed for the main door, and the thousands of people gathered outside.

Sadly, just a few years later I was back in London to cover the funeral of the Queen Mother. The day had a sadness and celebrational feel about it for a lady who had such an amazing life.

It's not easy remembering all the royals I have photographed, but royals such as The Duke of Edinburgh, The Duke and Duchess of Cornwall, The Princess Royal, Duchess of Cambridge, Duke and Duchess of Wessex and The Duke of Kent have all been regular visitors to the South West. Each visit was special for all those organisations hosting the occasion, and members of the public who will always turn up when a royal is in town.

More Royal photos on pages 16-19









TRY SOMETHING NEW IN SEPTEMBER

WITH the summer drawing to a close and the Autumn approaching fast, September is the perfect time to try new things and give yourself a fresh challenge.
Our local businesses offer the highest

quality advice and service for anyone who is looking for a change this season. You can learn a different skill with the help of one of our local experts, or perhaps join a club in the area where you can meet new

people. Maybe you're feeling a little lazy after the long summer and it's time to start getting yourself into shape in time for the Christmas party season with a healthy diet and a new fitness regime?

So, as the leaves start to fall and the days grow shorter, it's the perfect time to focus on new beginnings. Whatever takes your fancy this Autumn you can 'fall' into something in and around Lyme.

B HEALTH & FITNESS

WITH so much conflicting advice out there, achieving your health and fitness goals can feel like you're tackling a minefield.

Perhaps you're thinking about starting, but unsure what you want from it – or how to begin. Maybe you're already training, but feel you're being pushed too hard – or not hard enough. Whatever your situation, B! Health & Fitness can help.

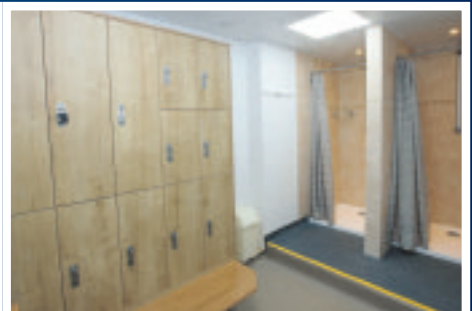
As someone who worked in the fitness industry for over 10 years, it was a difficult decision to hang up my trainers, writes Nicky Sweetland. After spending a few lazy weeks, I realised I needed to get back to the regime of exercising regularly.

I undertook to extensively research facilities around the area until I found exactly what I needed at B! Health and Fitness, who offer

expert advice and the perfect atmosphere at their studios on the Uplyme Road.

B! Health and fitness opened in 2014 and is owned by Craig Bernhardt whose passion for exercise is obvious from the moment you set foot in the immaculate venue.

Craig, along with his highly experienced team, offers an extensive choice of programmes to suit



HARRY MAY
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Number one attraction in Lyme Regis

Both trips are very suitable for the whole family and provide some good, good family fun!

Tel: 07974 753287 **Email:** harry@harrymay.com **Website:** www.mackerelfishinglymeregis.com



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One Hour
£9 for adults and £6 for
children. All tackle included



**Deep Sea
Fishing Trips**

8.30am-11.30am £28 each
Rod and bait included and
as much tuition as you need

TRY SOMETHING NEW IN SEPTEMBER

B HEALTH & FITNESS

every level of fitness, alongside studio classes and sports physiotherapy.

The centre has the calming feel of a health club, with a very deluxe look - but with prices that are comparable to others in the area.

With a variety of memberships to choose from, you can really make the most of your money. And with a policy of capping the number of members, you need never worry about over-crowding and can instead enjoy the calm and friendly atmosphere, which I find so conducive to a pleasurable workout experience.

The facilities are separated into three very distinctive areas. So the intimidation factor, which many - including me - can find an issue, is also removed.

The downstairs space is filled with an extremely impressive selection of resistance equipment where you can tone up, or build strength.

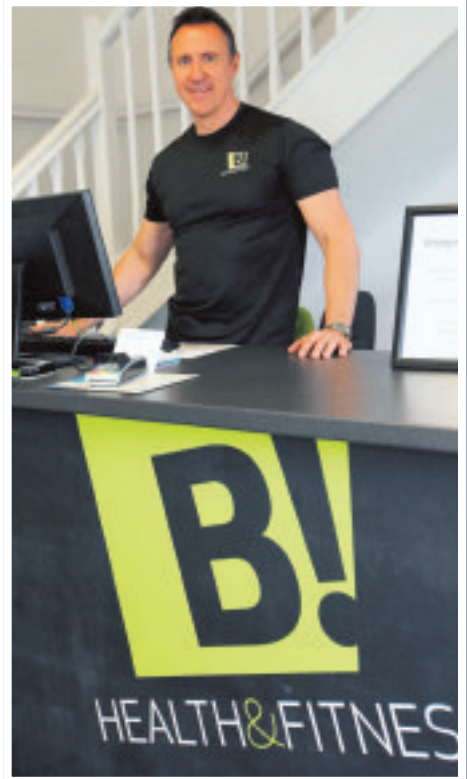
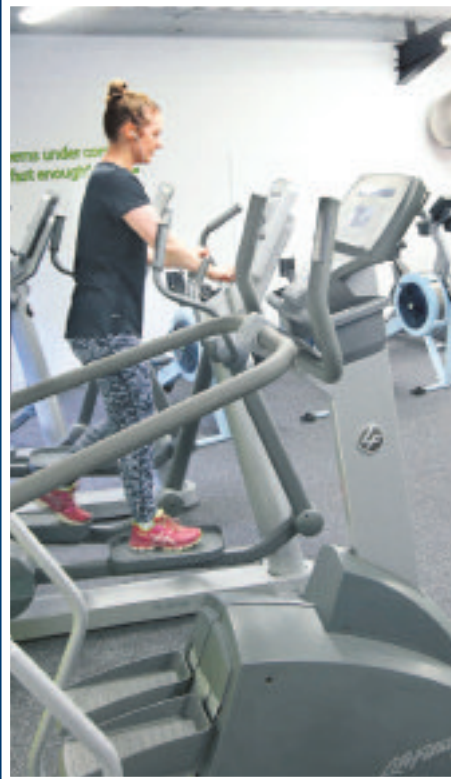
Filled with high quality free weights and specialist equipment, the gym also has a tailor made Cross Fit RIG and facilities capable of training all levels from a beginner to an experienced athlete.

Head upstairs and you'll find the bright and airy studio with wonderful views. Next to it is the extensive cardiovascular fitness room complete with a comprehensive range of top quality equipment where you can ensure you gain a full body workout.

If it's classes you're after, B! Health and Fitness offer everything to suit your needs from relaxing Yoga sessions to the more vigorous Step and everything in between.

As well as a personally tailored programme, for that little extra motivation, the enthusiastic and skilled instructors offer one to one personal training, which will help you utilise your time and achieve your goals.

So what are you waiting for? Try B! Health and Fitness today - you won't be disappointed. Visit www.bhealthandfitness.co.uk or call the friendly team on 01297 442266.



B! Health & Fitness Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.15 - 10.15	RIGorous •	Shape & Tone •	RIGorous •	Power Burn	RIGorous •	RIGorous •
9.15 - 10.15			Power Burn			Kettlebells
10.30 - 11.30				Flex & Stretch	ABSolute • (45mins)	ABSolute • (45mins)
11.00 - 12.00			Shape & Tone •			
16.00 - 16.45						
18.00 - 19.00	Circuits •	Shape & Tone •	Kettlebells	Step Aerobics		
18.30 - 19.30						
19.00 - 20.00		Physio Pilates	ABSolute • (45mins)	Yoga		
19.30 - 20.30						



Lyme Regis' Premier Health Club
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Web: www.bhealthandfitness.co.uk | Tel: 01297 442266

B! Health & Fitness, St George's House,
Uplyme Road, Lyme Regis, Dorset, DT7 3LS

Visit our website for more info www.bhealthandfitness.co.uk

TRY SOMETHING NEW IN SEPTEMBER

LYME REGIS GIG CLUB



SITUATED on the renowned World Heritage Site of the Jurassic Coast, Lyme Regis Gig Club is an ocean rowing club which offers the rapidly growing sport of Cornish Pilot Gig Rowing to the community.

The Lyme Regis Gig Club was founded in 2007. They started with one boat, Rebel, which was launched in 2008. Black Ven was then built and launched the following year. The club's membership goes from strength to strength and their success in competitions is growing.

The gig club now has 3 beautiful wooden boats, Rebel, Black Ven and Tempest; all built by local boat builder Gail McGarva here in Lyme Regis, along with Revenge, a plastic training boat. We have plans to further develop our youth section with the introduction of smaller and lighter skiff rowing boats in the near future.

The aim of the club is to offer the sport of Cornish Pilot Gig Rowing to anybody who wishes to try ocean rowing, and by doing so, encouraging fitness and spirit within the community. We are always on the look out for new members of all ages, so if you are interested in making some new friends, seeing Lyme Bay from a different perspective, getting a bit fitter and possibly participating in organised racing regattas in Dorset, Devon and Cornwall, follow the links for new members and get in touch.



Ship Aboard! BE ACTIVE AND FIT WITH LYME REGIS GIG CLUB

Lyme Regis Gig Club offer people the opportunity to participate in the exhilarating sport of sea rowing. We offer year round rowing in Cornish Pilot Gigs and a Cornish Sea Skiff for those who want to be active, fit, enjoy seafaring and being part of a great team.

The aim of the club is to offer the sport of Cornish Pilot Gig Rowing to anybody who wishes to try ocean

rowing, and by doing so, encouraging fitness and spirit within the community. We are always on the lookout for new members of all ages, so if you are interested in making some new friends, seeing Lyme Bay from a different perspective, getting a bit fitter and possibly participating in organised racing regattas in Dorset, Devon and Cornwall, get in touch.

For further information take a look at www.lymeregisgigclub.com or contact Marcus Dixon at marcusdixon0330@gmail.com to organise a Taster Row to see if it's the sport for you.



THE FORGE FOSSILS

The Street, Charmouth, Dorset, DT6 6NX
01297 560005 chris@chrismoorefossils.com

A family run shop and fossil preparation workshop that has been trading in Charmouth, Dorset for almost 30 years.

Our main business is to supply and prepare museum quality fossils for collectors, museums, architects and interior designers.

We have discovered a number of new species of Ichthyosaurs which are housed in museums around the world including The Natural History Museum in London, The Royal Ontario Museum in Canada and The Tokyo Science Museum in Japan.

Please come and visit us in the workshop at the top end of The Street in Charmouth.
Open Monday to Friday 8.30am to 5.00pm

TRY SOMETHING NEW IN SEPTEMBER

LYMENET



LYMENET, THE NO COST, NO PROBLEM, LEARNING CENTRE FOR LOCAL PEOPLE

- Can you only study at times when the children are at school?
- Want to learn new skills, or update old ones, but need to stay local in case of emergencies?
- Need to improve the 'education' part of your CV but can't afford time or money for college?
- Computers seem too complicated to be bothered with?
- No time to sign up to a regular course because you have a business to run?
- Frustrated that you just can't find a job?

LYMENET is Lyme Regis' charitable community learning centre. We are also careers experts. We are just off the town centre. We specialise in teaching computer skills from absolute beginners to those wanting higher level qualifications. But we also teach English and Maths at various levels.

All of these are free of charge to anyone without substantial employment, and even where we do have to charge you will find our rates highly competitive, and the courses just so convenient.

And if you are worrying about the idea of going 'back to college'; don't.

We are not like a college. These are highly personalised courses, working at your own pace, in small groups with plenty of help available, all in our fairly informal teaching room. We have many years of experience helping people who find learning difficult, as well as those wanting quick results.

We also teach a range of business-related IT skills: a simple website, a customer database, a financial spreadsheet, a brochure? Maybe you need help to develop a small-business idea?

...and if you are looking for work and need a better CV, need some advice on job hunting, want to be better at application forms, or need help to job search on-line we can assist. We also run a drop-in Job Club on Tuesday mornings for anyone.

Don't forget that LymeNet can also help with your copying, printing, scanning, typing and laminating needs.

St Michaels Business Centre, Church Street Lyme Regis DT73DB.

admin@lymenet.co.uk 01297 444570 www.lymenet.co.uk

LymeNet is part of Lyme Regis Development Trust. Many of our courses are sponsored by Lloyds Bank Foundation.

SERIOUSLY GOOD WINE COMPANY



IF wine is something you are serious about, September could be the perfect time for you to try something new. Why not join the Seriously Good Wine Company in Drake's Way for one of their popular tastings and begin to enjoy all kinds of tantalising tipples?

The next tasting takes place on the 17th September, with tickets available in store and will offer you the opportunity to sample wines from around the world as well as the best in local nectar including the classic Dorset Conker Gin, and the ever popular Black Cow Vodka. You can treat yourself to some Tarquin's Cornish gin and pastis, Furleigh Estate and Dalwood wines, as well as Somerset Cider Brandy products.

The welcoming and intimate store offers wine for every budget starting from just £4.45 and with over 300 to choose from, you need never look any further.



LymeNet

IT based courses & learning skills for
home & business

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Volunteer & Job Space

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the seriously good
wine
company



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10% off purchases over £20 during September

4 Drakes Way, Lyme Regis DT7 3QP 01297 443306

www.seriouslygoodwine.co.uk email:seriouslygoodwineco@gmail.com

TRY SOMETHING NEW IN SEPTEMBER

AXMINSTER POWER TOOLS

PURSUe A NEW HOBBY AND LEARN A NEW CRAFT AT AXMINSTER SKILL CENTRE

WITH cooler evenings and fewer opportunities to spend time outdoors just around the corner, now is the perfect time to start thinking about taking up a new hobby.

The Axminster Skill Centre was created to offer customers of Axminster Tools & Machinery (AT&M) the chance to develop their skills within the diverse range of woodworking, engineering and associated crafts. Since courses first began back in the 1990s, the Skill Centre has grown in popularity, not only with AT&M's regular customers but also as a centre of learning for both amateur and professional craftspeople in the UK and further afield. And the range of courses has also widely increased.

The Skill Centre engages tutors who are masters at their craft. Jason Breach, Colwin Way and Nick Agar are all internationally acclaimed in the world of woodturning. Bob Rolph, who tutors the engineering and metalworking courses, is an acknowledged expert in his field. Ben Beddows specialises in the art of pyrography, encouraging students to experiment with texture, shading and colour to create their own inspiring pieces of work. New to the team is Paul Gardener who teaches woodcarving and has a vast amount of knowledge of both figurative and animal anatomy as well as ornamental design.

All courses are designed to guide the student through their chosen subject in a clear, informative and enjoyable manner with plenty of hands-on experience. Courses range from one day to five days depending on the complexity of the course content. On many of the courses students produce projects which they are then able to take home.

For more information about the Axminster Skill Centre and its courses, visit axminsterskillcentre.co.uk. To book a place on a course, please call 0800 9751905.

Axminster Skill Centre, Weycroft Avenue, Axminster EX13 5PH.



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Enjoy a course at our
Skill Centre in Axminster

Call us or check online for
last minute availability

Call **0800 975 1905**

Online axminsterskillcentre.co.uk

TRY SOMETHING NEW IN SEPTEMBER

DOTTIE KITCHEN

IF YOU fancy a healthy, nutritious lunch, look no further than Dottie Kitchen.

The Broad Street takeaway, with a focus on fresh, healthy and wholesome food and drinks, opened earlier this year and has quickly proved a big hit with residents and visitors alike.

Dottie Kitchen serves a wide range of fresh juices and smoothies to suit all tastes, all absolutely packed with tasty fruit and vegetables and each with their own nutritional benefits.

The menu also includes delicious, generously-sized salads and wraps, homemade falafel and daily specials, all made to order with locally-sourced ingredients, and delivery is available around the town.

Owner Ali McLoughlin can also offer personal diet and detox plans. Whether you want to drop a few pounds or are simply looking to take up a healthier lifestyle, the friendly and supportive Dottie team will be behind you every step of the way, and the fresh, tasty menu and Ali's top diet tips will help keep you on track.

With summer now coming to a close, September is the perfect time to make a change, so why not pop into Dottie Kitchen for something different this lunchtime, or ask how they can help you achieve your personal health goals.

For more information visit www.dottiekitchen.co.uk or the Facebook page www.facebook.com/dottiekitchenlymeregis



INTRODUCING...

Dottie
KITCHEN



- Home-made wheat free falafels • Wraps and salads including: Halloumi and pesto and daily specials such as Piri Piri chicken and 9 hour shin of beef chilli • Grade 1 fresh fruit smoothies
- Fresh Juices • Organic hot drinks
- Weight loss programming available • Delivery available in town

Now serving home-made food

To place your order or to discuss a possible delivery, 7b Broad Street (next to Seasalt) Please call **01297 599409 / 07803 574 548**

dottiekitchen.co.uk / food@dottiekitchen.co.uk



@dottiekitchen



[facebook.com/dottiekitchenlymeregis](https://www.facebook.com/dottiekitchenlymeregis)



Looking back at Summer in Lyme Regis

AS usual in Lyme Regis, summer has flown by in a flash and, as we move into autumn, we can reflect on the many successful and varied events which make "The Pearl of Dorset" such a popular destination for the holidays. Although July and August have been somewhat marred with poor weather, the town has still managed to squeeze in its packed programme of fun and games, starting with Lifeboat Week in July. The week's star attractions, the Red Arrows and RAF Falcons, were forced to pull out of their displays because of the rain, but the week still managed to raise an impressive £22,000 for the RNLI. Quick on its heels was Regatta & Carnival Week, which was much luckier with the weather and featured one of the longest torchlight processions the town has ever seen, a spectacular firework display and, of course, the carnival procession itself. Lyme Folk Weekend came next, filling the town with music and dancing, shortly followed by the stunning Candles on the Cobb, which is hoped to have raised a record total for charity.



eatingout

BY THE BAY

FRESH food, family friendly service, value for money and all with the most glorious views of Lyme Bay... it's no wonder this seafront eatery is a hit all year around for breakfast, lunch and dinner!

With over 50 different places to eat in Lyme Regis, visitors and locals alike are spoiled for choice – but By the Bay on Marine Parade ticks all the boxes when it comes to delicious food, fresh, local produce, a good wine list, family friendly service, value for money and great views.

And that's just for starters.

With a fabulous sunny terrace and a relaxed, cheerful interior, By the Bay is the perfect spot for breakfast, lunch, dinner and everything in between. Open all year round – and every day of the week from Easter until the middle of October (10am – 9pm) – By the Bay has a loyal local clientele and is a favourite with holiday makers and visitors looking for somewhere good to eat.

The menu reads like every foodies' wish-list of sea-side fare. For fish lovers, there's our signature fish and chips, mouth-watering moules frites, a gut-busting seafood platter, fish pie and fresh catch of the day. Meat lovers will salivate over succulent, locally farmed sirloin steak and chips, our hand-made quarter-pound beef burgers and deliciously retro gammon 'n' eggs. Vegetarians are also well catered for with imaginative meat-free options and our kitchen team is always happy to provide alternative dishes for specific dietary needs.

Breakfast and brunch are served daily from 10am until 12 noon, offering everything from croissant, toast and butter or a full English to eggs benedict and scrambled eggs with smoked salmon. Snacks, nibbles, sharing plates and light meals are also available all day.

Portions are generous, but half orders and childrens' meals are available: not just for the kids, but anyone with a smaller appetite – or, indeed those

smart enough to plan ahead and leave room for dessert!

While food is at the heart of By the Bay's offering, many guests come to simply sit on the terrace and watch the world go by with a pot of tea, a steaming coffee or hot chocolate or a glass of their favourite tipple. The kids can play on the beach while Mum and Dad look on from the terrace or relax on the lovely squashy sofas inside.

Bright and cheerful, with lots of quirky and interesting artwork adorning the walls, By the Bay is welcoming, comfortable and great value for money. There's lots of space for bigger family gatherings and both children and well-behaved dogs are always welcome.

Reservations are not essential, although By the Bay does get very busy at peak times, so if in doubt, call 01297 442668 and book at table to avoid disappointment.



Marine Parade, Lyme Regis, Dorset, DT7 3JH | 01297 442668 | www.bythebay.co.uk



Great Food. Great Service. Fantastic Value.

For the very best family dining all served up at the best location in town, where else would you go?

By the Bay, Marine Parade, Lyme Regis, DT7 3JH.
Follow us on facebook & twitter Tel 01297 442668 www.bythebay.co.uk



THE BEACH HOUSE CAFÉ



JUST a stone's throw from the glorious sandy beach and the picturesque Cobb area of the town, The Beach House café is a haven for those looking for the heartiest of meals.

Offering the best in traditional English food alongside an extensive menu from around the world, this popular junction is the perfect place for a pit stop at any time of day.

For almost 20 years the cafe has been nurtured by the mother and daughter team of Audrey and Katie Vellacott. Audrey can be found at the cafe most days cracking crab practically 24/7 to keep up with the high demand for crab sandwiches and crab baguettes which is all caught by Lewis Hodder off the Antelma. The crustacean is a firm favourite with customers, and chef Steve, who has grown up in the town, utilises its unique flavour to the maximum with his delectable crab soup.

There is an international flavour to the staff at the Café too with sous chef Rita originating from Portugal and head chef Ben hailing from the Island of Cape Verde. Ben has created the café's best selling dish, the fisherman's stew which combines a tomato base with chorizo, fish and beans. It is topped with king prawns and coriander and served

with a baguette, all for just £9.50. The international feel extends to the coffee too, which is 100% Arabica bean, hailing from Central America. You have to try it to realise why it makes customers come back day after day!



24 Marine Parade, Lyme Regis, Dorset, DT7 3JF | 01297 442059 | www.lymeregis.com/beach-house-cafe/

The Beach House Café
Overlooking the beach and the Cobb Harbour
We aim to give a high standard of **VALUE** and **QUALITY**

- FRESHLY CRACKED CRAB
- ISRAELI BREAKFASTS/SHAKSHUKA
- EXTENSIVE LIGHT LUNCH/SNACK AND FAMILY MENU
- LYME'S BEST BREAKFASTS
- DOMLUCA FINEST COFFEE/TEAS
- HOMEMADE CAKES/CREAM TEAS

Early morning bookings for fishing and diving parties are welcome
We open at 7am throughout the summer

24 Marine Parade, Lyme Regis, Dorset, DT7 3JF / 01297 445923



LAL QILLA

BRITAIN'S first Indian restaurant opened in London as long ago as 1810. Somewhat typically, Lyme Regis's first Indian restaurant opened almost 200 years later.

But if Lyme was behind the times then, it has made up for it ever since with an all-town enthusiasm for Lal Qilla which has made the Broad Street restaurant and take-away one of the finest and most popular in Dorset.

Everybody loves a great Indian meal; more than two million people in Britain eat one every week and more than 23 million servings of chicken tikka masala are sold in the UK each year – making it officially the nation's favourite dish.

We could debate until next April the many reasons why we love Indian food but one principal reason is the choice, and at Lal Qilla the choice is enormous. There are 19 starters alone, 33 specials and a hugely-impressive 108 traditional dishes to choose from. In all, Lal Qilla's menu boasts 189 choices. And we all have our favourites – Chicken Lal Mirch in spices with sliced ginger, garlic and chillies, Lamb Mint cooked with ground fresh mint, coriander, garlic, ginger and tomato, King Prawn Naga cooked to Lal Qilla's chef's closely guarded secret recipe, very spicy and recommended for the 'stronger constitution', or Vegetable Brinzol, the classic Bangladesh dish prepared with aubergine, onion, garlic and spices. And that's just four of the 141 main courses.

One the many great things about Lal Qilla – besides the helpful, polite and friendly service, the homely atmosphere and the fact that locals will pretty much always find their friends already dining in here – is that unlike some other Indian restaurants, the chef takes care not to blow your head off. Taste, not heat, is paramount in the brilliantly-prepared dishes here, which means that whilst even the fiery and fabulously-rich Vindaloo is indeed 'extravagantly hot', it is not so much so that you cannot relish the excellent flavours.

Ask pretty much any Lyme local and they will recommend the comfortable and cheerful Lal Qilla, a very welcome addition to the town's growing choice of great restaurants.

There's another bonus about Lal Qilla too – as it is unlicensed you can take your own beer and wine and save yourself a packet.

Open for lunch everyday from 12-2pm and for excellent eating and take-aways from 6-11.30pm.

61 Broad Street, Lyme Regis, DT7 3QP
01297 442505 or 444602 | www.lalqillalyme.co.uk

BLACK DOG TEA ROOM

THE first and last tea room in Dorset, The Black Dog has become a firm favourite with both locals and visitors and has gathered quite a reputation for it's home cooked food and friendly welcome.

Named after the fabled beast which fills many a ghostly tale throughout the area, the tea room opened in 2013 and has been thrilling guests ever since with freshly baked cakes, wholesome soups and an extensive selection of loose leaf teas.

The family run cafe is housed in the former living room of the B and B and boasts treats which are all prepared on the premises including speciality breads, quiches, scones, and pizzas. The ingredients are sourced locally where possible, with flour from Shipton Mill and all of the eggs from chickens just up the road.

With a large car park and beautifully landscaped garden, The Black Dog tea room is a place to relax and enjoy the scenery while sampling some of the best in traditional British home cooked produce.



Lyme Road, Uplyme, Lyme Regis, Dorset, DT7 3TJ
01297 444063 | www.blackdogtearoom.co.uk

www.lalqillalyme.co.uk

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Lal Qilla

Indian Restaurant and Takeaway



Opening Times: Every day

12 Noon to 2.30pm & 6pm to 11.30pm

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LOOSE LEAF TEA
CREAM TEAS
CAKES
LIGHT LUNCHEAS
CAR PARK
LARGE GARDEN

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Lyme Road, Uplyme, Lyme Regis, Dorset, DT7 3TJ 01297 444063

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Hotel & Award Winning Restaurant

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& RESTAURANT
LYME REGIS



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"2 can have a party"*

3 courses with coffee @ £24.95 2 courses with coffee @ £19.95

Roasted Butternut Squash, Garlic & Thyme Soup

Homemade Basil Pesto

Seafood Finger Buffet

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Available for 1,2,3 or 4 people

Smoked Duck & Orange Salad

Redcurrants, Balsamic Onions

Mushroom & Gorgonzola Stack

Roasted Vine Tomatoes, Homemade Pesto

* * * * *

Roast West Country Turkey

Chestnut and Apricot Stuffing, Pigs in Blankets

Poached Salmon

Buerre Blanc, Herbed New Potatoes, Green Beans

Slow Cooked Beef Brisket

Yorkshire Pudding, Horseradish Cream

Tuscan Parcel

Mediterranean Vegetables, Wrapped in Filo Pastry

All main courses are served with roast potatoes and seasonal vegetables

* * * * *

Christmas Pudding

Cinnamon and Brandy Crème Anglaise

Profiteroles

Chantilly Cream, Rich Chocolate Sauce

Gooseberry Tart

Crème Fraîche, Raspberry Jelly

Dorset Apple Cake

Blackberry Sorbet, Sesame Tuille

Chefs Selection of West Country Cheese

Red Onion Marmalade



glorious GARDENS



delicious FOOD



comfortable ROOMS



licensed RESTAURANT



sublime SEA VIEWS



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